



June 2018



Please join us on Thursday **14th June** for a fantastic night when the wonderful **JON ALEX** will be performing his fabulous hits from Neil Diamond and others; plus his grand finale of Elton John!!

The evenings menu will include:  
Smoked mackerel, potato and crème fraiche salad.  
Chicken satay skewer

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Chicken saltimbocca, wrapped in parma ham with a sage butter sauce, sautéed potatoes and green beans.  
Mushroom and spinach risotto.

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Peach and mint crumble  
Fruit salad and ice cream

3 courses for £10, or 2 courses for £7. Please book with Reception by Friday 8<sup>th</sup> June (non refundable). £5 upgrade For residents already on a 'suite' package, there is a reduced charge of just £5. Entertainment only for just £3.

### Summer 'Inter-Village' Competition

We are taking part in another 'Inter-Village' competition this summer, with a day of fun and entertainment and the theme 'A Celebration of English Country Life.'

The categories we will be judged on are:

Country Arts & Crafts, Musical Performance, Food & Drink Flower, & Garden Display  
Abstract Sculpture.

*We would love for you to be involved, and hopefully help us to win!!*



### Tuesday 26th June 2018 FILLONGLEY SINGERS

Entertain us in the Windsor Restaurant.



Food will begin at 6.30pm. Entertainment will begin at 7.30pm. Booking, menu, and further information available at Reception.

Please book by Friday 22<sup>nd</sup> June.

Just £7.00 or £10 per person (with food) or £3.00 for entertainment only. Please ensure that you have booked & ordered your meal/your seat with Reception.

Please join us on  
**Thursday 21<sup>st</sup> June** for  
our Marie Curie  
**'Blooming Great Tea Party!'**



Marie Curie mainly cares for people with cancer but they also care for people with other life limiting illnesses. Their services are always free of charge to patients and their families.

Please bring your purses and help us to raise funds for them to continue providing such a brilliant service. The afternoon starts at **3.00pm** in the central garden (weather permitting) and will approximately finish at 4.00pm.

*If you have any unwanted gifts suitable for a tombola, any donations would be greatly appreciated.*

We have lots for you to get involved with (details to follow).

In the meantime, we'd really appreciate any donations of old jam jars, china, old knives, forks, spoons, fabric. And if you have any of the following that we could borrow please: an old bicycle, old lawn mower, garden implements (forks, spades, etc). If any of you know anyone owning a sheep, pig, goat (or other 'country' animal), we'd love it if they visited with their animal (contact us for details)! Our judging day will be on Thursday 19<sup>th</sup> July. Please come along and support us... more the merrier!

## Tai Chi at Richmond Bede Village Wednesday at 3pm

Join Mark in Abingdon Lounge on Wednesdays for this fantastic class; suitable for all (offered at a subsidized rate of just £2 – pay at Reception).

Mark will be taking his annual holiday in June and there will be **ONE CLASS ONLY ON WEDNESDAY 27<sup>TH</sup> JUNE – 3PM**



The Bede Village Choir is one of the most popular and well-supported institutions we have; Choir Evenings for June will be on Monday 4<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> at 7pm in the Windsor Restaurant.

**The Choir would very much like to invite new members to come along, take part and enjoy their social evenings. We are now practicing for the Richmond Bede Summer Competition and from June 18<sup>th</sup> we will be rehearsing EVERY Monday night at 7pm in Windsor Restaurant in readiness for the Competition in July! Please join us!**

We are now taking a break from Art Classes during the Summer and hope to resume again in the Autumn!!

## QUIZ

**Thursday 21<sup>st</sup> June at 7pm**

Join us for a Quiz Night in the Windsor Restaurant  
On Thursday 21st June beginning at 7.00pm.

### *A few gentle reminders...*

**Wellness Meetings** - Please note that Wellness Meetings are now held on the **first Wednesday** of the month in Abingdon Lounge from 11.30am. Come along for an informal chat and for information about our Domiciliary Care Services. This month's meeting will take place on Wednesday 6<sup>th</sup> June.

**Important Notice** - Could you please make any cheques payable to **Richmond Coventry Limited**.

The Mobile Library will be visiting on Tuesday 5<sup>th</sup> and 26<sup>th</sup> June, at 3pm

**Foot Step Care** is here **every other week** – Sessions in June will be Wednesday 13<sup>th</sup> and 27<sup>th</sup> June - in the Bede Salon (visits are also available). Please book appointments via Reception – book early to avoid disappointment.

Please ensure that repeat prescriptions are handed into Reception by 10am on Monday mornings, ready for us to drop them off. Queries regarding undelivered medication should be made directly to your doctor's surgery.

The Reception team is no longer able to accept delivered medications on your behalf. The pharmacy must deliver them directly to your home.

**Please do not leave large items of rubbish in the drying areas, or abandoned in other areas of the Village. If you are struggling to dispose of large items, please contact Reception and we will be happy to assist however we possibly can.**

Appointments are now available at the Bede Hair Salon or in your own Suite/room (open to all residents and visitors at Richmond Bede Village). Please contact Reception or the Salon to make an appointment. The Bede Village Salon is open: Tuesdays & Thursdays 9.00am until 3.30pm.

If a villager loses or breaks their pendant they have to pay for a new one. These are approximately £45.00. When it is time to vacate a property within Richmond Village, please ensure that the pendant is returned. You will be liable for the cost of a new pendant if it is not returned.

### Tuesday trips for June are....

5<sup>th</sup> June: National Trust – Wightwick Manor  
Later start – leave at 11.00am house opens 12 noon. Return for 3.30pm

12<sup>th</sup> June: Return trip to Stoneywell (National Trust) due to popular demand

19<sup>th</sup> June: Solihull

26<sup>th</sup> June: Middleton Hall & Gardens



3<sup>rd</sup> July: Melbicks Garden Centre

Anyone going on any trip who is receiving a food package: please let us know if you would like a packed lunch; *this is included within your package*. Equally, any Villager wishing to buy a packed lunch; this is also available. ☺

### **NEW**

By popular request!

Introducing ***Jiggle & Giggle!***



With Mel Sue on Thursdays at 10.15am in the Abingdon Lounge (or outdoors, weather permitting) commencing on Thursday 7<sup>th</sup> June.

This is a more strenuous exercise class, suitable for those feeling a little more able. All exercises will be standing only... wear comfortable footwear please!

Places may be limited dependant on popularity!

### **Bowls - Thursdays from 2.30pm**

You don't have to bowl competitively to have a go at Richmond Bede Village!

Come along and take part and play for fun.

We are now out on "The Green" and meet on at 2.30pm (weather permitting)



We are busy preparing for our annual staff v residents bowls & barbecue night, planned for Thursday 9<sup>th</sup> August at 5pm!

### **Services from the Salon**

Tuesdays & Thursdays 9am-3.30/2.30pm respectively

**All hairdressing services plus Gel Polish, Nail Varnish and/or Manicure**

**Please book your appointment with Reception.**

### **We Need Your Help!**

**New Activities & Events Committee**

We always welcome your thoughts, ideas and input when it comes to the future of activities and events offered at Richmond Bede.

If you wish to be considered to form part of a new 'Activities & Events Committee' to help plan, decide and implement the Activities Programme going forwards, please inform Reception.

Our new Head of Activities will be working on this in their new role.

**NEW** – **MONTHLY PUZZLE PACK**, AVAILABLE FROM ABINGDON LOUNGE OR RECEPTION. TEST YOUR KNOWLEDGE, AND HAND YOUR ENTRIES IN BY SUNDAY 24<sup>th</sup> JUNE TO THE ACTIVITIES' TEAM OR RECEPTION.

PRIZE FOR THE WINNER! PART ENTRIES ALSO ACCEPTED. PLEASE RETURN TO ACTIVITIES' STAFF OR RECEPTION BY THE ABOVE DATE.



Seated yoga continues as normal. Classes will continue on Tuesdays at 11.00am in the Abingdon Lounge.

### **Knit & Natter - Saturday 16<sup>th</sup> June, 2.30pm**

Join the ladies this month in the Boveney Lounge from 2.30pm to knit and natter. Tea, coffee & biscuits will be available for your enjoyment!

Privacy Law is changing...

Due to the changes in law regarding the Data Protection Act 1998, and bringing us in line with the EU General Data Protection Regulations (GDPR), we are no longer able to print Birthdays in the Newsletter unless we have your written permission to do so. Please ensure that you have completed and returned the recent consent form.

If you are celebrating a Birthday in June, we'd like to wish you Many Happy Returns, from all of the team at Richmond Bede Village Team.

### June Birthdays

6<sup>th</sup> Audrey Morris  
15<sup>th</sup> Rachel Catlow

*Wishing you both Many Happy Returns!*

*"Doctor, doctor, I get heartburn every time I eat Birthday Cake..?"  
"Try taking the candles off!"*



### Holy Communion times and dates

Join Rev Andrew for our monthly service which will take place in Abingdon Lounge on the third Tuesday of every month for Villagers, Care Home residents and Suite residents. Singers from St Giles will visit the Kingfisher Lounge on the first Monday of every month.

Dates for April are:

Monday 4<sup>th</sup> June, 2pm – Kingfisher Lounge  
Tuesday 19<sup>th</sup> June, 10.30am – Abingdon Lounge

**You can now follow us!**  
**Richmond Bede Village is on Facebook & Twitter...**



To find us on Facebook, simply search

***Richmond Villages Bede***

...or to find us on Twitter, search ***@RVCov***

We often share success stories and events... it would be great to see all of you supporting us and sharing good news on Social Media! 😊

### Bede Village Circle (BVC)

Meetings of the Bede Village Circle have resumed, with Doreen & Lolla at the helm!!

The meeting this month will be on Thursday 28<sup>th</sup> June in Boveney Lounge where there will be a demonstration with Fran from the kitchen showing us how to make flowers from icing.

Join us at 7.00pm, £3 payable on the night.  
All welcome.

**Please join us on Thursday 31<sup>st</sup> May at 6.30pm, for an Abingdon and Boveney residents and relatives meeting in the Windsor Restaurant.**

### Cutlery and Crockery Request

Please could we request that you look in your cupboards and drawers at home; if you have any of our crockery and cutlery stored there, could you possibly bring it back? Please feel free to leave it on the side in the Restaurant or let one of our hostesses know and they'll pop in and collect it.

Many thanks 😊

Please do not throw food out for the birds; it is attracting rats!

If you wish to feed the birds, please hang a feeder from a tree or on a bird table; these are simple ways to keep food out of the reach of rats. Attaching bird seed trays under feeders can also help to stop food going on the floor.

Please remind any visitors that there is a 5mph speed limit on-site, and must use visitor parking spaces please. Do not use allocated parking spaces or any areas with restriction notices. It is very difficult for other vehicles if a restricted space is blocked by another vehicle.

### Guideline & clarity for booking transport for appointments

As you know, Richmond Bede Village offers many trips for villagers and residents to enjoy. Subject to availability, and around these trips, we will do our best to assist in arranging transport to help with local doctors and hospital appointments, but cannot guarantee this, if a driver isn't available.

And if you're interested in going on a trip, please call Reception for booking availability.